

the LEGACY

Landstuhl Regional Medical Center

November 2021

Vol. 3, No. 6

U.S. Air Force Maj. Shannon Buck, dermatologist, Dermatology Clinic, Landstuhl Regional Medical Center, performs a surgical procedure on a patient, Sept. 21. Buck, who is also a Mohs surgeon, is reintroducing Mohs surgery services to LRMC after decades of non availability. Mohs surgery is considered the most effective technique for treating many basal cell carcinomas (BCCs) and squamous cell carcinomas (SCCs), the two most common types of skin cancer.

Mohs reintroduced at LRMC

Learn more in next month's Legacy

INSIDE:

SHAPE Soldier ensures
NATO Readiness... pg. 6

Radiologic technicians
celebrated... pg. 10

Events and Training Calendar

Nov. 1: All Saint's Day (German Holiday)	Nov. 15: EO Observance (Heaton)
Nov. 3: LRMCA Annual Training (Heaton)	Nov. 16: Special Ops Recruiting (7:30 a.m. @ Heaton)
Nov. 4: Hospital Newcomer's Orientation	Nov. 17: LRMCA Annual Training (Heaton)
Nov. 4: Commander's Award Ceremony	Nov. 18: Hospital Newcomer's Orientation
Nov. 10: Medical Trauma Team Training (MT3)	Nov. 24: Thanksgiving Meal (DFAC)
Nov. 10: DWMMC Transfer of Authority	Nov. 25: Thanksgiving Day
Nov. 10: TeamSTEPPS	Nov. 29: SAMC Induction (Heaton)
Nov. 11: Veterans Day	

Nov. 8 – Dec. 13

Federal Benefits
OPM.GOV/OPENSEASON

FEHB

FEDVIP

FSAFEDS

Health Benefits

- Enroll
- Change plan/option
- Cancel enrollment
- Self, Self + One, Self & Family
- Use your agency's online enrollment system or contact your human resources office.

Dental & Vision

- Enroll
- Change plan/option
- Cancel enrollment
- Self, Self + One, Self & Family
- [Benefeds.com](https://www.benefeds.com) or 1-877-888-3337

Flexible Spending Accounts

- Enroll
- Re-enroll (it's not automatic!)
- Increase/decrease election amount to suit your needs
- [FSAFEDS.com](https://www.fsa-feds.com) or 1-877-372-3337

Things to Consider:

- What are my family's health, dental, and vision needs for 2022?
- Will my current plan still be available in 2022?
- Will my current plan's benefits or premiums change in 2022?
- If I make no changes, FEHB and FEDVIP enrollments rollover automatically
- Use the online comparison tool to explore a better plan
- Could I save money with a FSAFEDS flexible spending account?

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LANDSTUHL REGIONAL MEDICAL CENTER
November 2021 • Vol. 3, No. 6

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The Legacy is published monthly by the Landstuhl Regional Medical Center Public Affairs Office under the authority of AR 360-1 to provide the staff and families of LRMCA with information on people, policies, operations, technical developments, trends and ideas of and about the U.S. Army Medical Command and LRMCA. The views and opinions expressed are not necessarily those of the Department of Defense or the U.S. Army Medical Command. Direct communication is authorized to Public Affairs, The Legacy, Unit 33100 Attn: PAO, APO AE 09180-3100. Phone: DSN 314-590-8144 or commercial from the United States 011-49-6371-9464-8144. Or send an email to usarmy.lrmc.pao@mail.mil. Unless otherwise indicated (and except for "by permission" and copyright items), material may be reprinted provided credit is given to The Legacy and the author. All photographs by U.S. Army except as otherwise credited. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of the products or services advertised by the U.S. Government, Department of Defense, Department of the Army or Landstuhl Regional Medical Center.

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<https://Landstuhl.TRICARE.mil>

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@LRMC_Landstuhl

Stay Ready, Stay Willing

Col. Andrew L. Landers
Commander
Landstuhl Regional Medical Center



U.S. Army Col. Andrew Landers, commander, LRMCA, helps cut a cake in recognition of Breast Cancer Awareness Month with LRMCA and Regional Health Command
Europe breast cancer survivors, Oct. 27 Watch the live event here: <https://fb.watch/98FJBwPgEq/>

LRMCA Team,

As we near the end of 2021, it's amazing to think about all the work and devotion this team has put into our mission this past year. From the initial COVID-19 Vaccine kickoff to our significant role in Operation Allies Refuge / Welcome, back to COVID-19 booster and pediatric vaccinations, we haven't missed a beat and continue to provide world class, high quality, compassionate and safe care for the Joint Warfighter, their families and Americans around our theater of operations. As always, I'm proud to be a part of this team and thank each one of you for giving it your all.

While we're excited to approach the 2021 holiday season, we need to stay vigilant in our activities with respect to COVID-19 safety, regulations and other safety risks around the holidays such as drinking and driving. I want to remind everyone that this past year reflects teamwork, with contributions from each team member. We can't afford to lose anyone, whether due to quarantine or something more serious. Please continue to be cautious with your decisions and

make the right choice. You have resources available to you to help you do the right thing.

This month means a lot to me as we celebrate and recognize those in uniform who have come before us and those who presently serve. It's personal to me not just as a Service Member but also because during World War II in the Pacific Theater, my grandfather served and spent 40 months as a prisoner of war facing solitary confinement and torture before being rescued. His strength to endure inspired me and continues to inspire me to this day. So many Veterans have similar stories, Veterans Day allows us to revisit those stories, learn from them and understand how their contributions and stories reflect our country's history, standards and identity.

November is also a time for men to revisit their PCMs during as part of Men's Health Awareness Month. Luckily in the Army, we get reminders for our health as part of overall medical readiness, but November is more than simply growing a moustache, we need to also pay attention to ourselves and get help when it's

needed. Respiratory health is also important to stay on top of this month and making strides toward improved respiratory health can start on Nov. 18, when thousands of others quit smoking for that one day. Remember, our pharmacies across the footprint can help with smoking cessation.

Finally, I want to remind everyone to take care of their own needs through some much-needed self-care. Whether it's leave during the holidays or physical exercise, know how to recharge yourself and prevent burn out. We continue to plan and prepare for the fight against COVID-19, expanding protection to our 5-11 patient populations through the recently FDA-approved pediatric vaccine. Like early this year, the LRMCA Healthcare System will be pivotal in ensuring Service Member Readiness across Europe so let's stay prepared and Let's Get After It.

Patient Caring Touch System Commitment

the act of committing, pledging, or engaging oneself; a promise, obligation, or dedication to something



What does Commitment look like in the workplace? Commitment to our patients is the cornerstone of all we do. **Commitment** in healthcare is always striving to provide the best possible guidance and care for your patients. As healthcare professionals we must all be **committed** to upholding the dignity of each patient, family member, friend, and caregiver by meeting all the health needs of our patients. Being truly **committed** means you are aware of challenges and willing to work to overcome them for the sake of your patient and your team. As a healthcare professional you must also be **committed** to maintaining your own health (embracing the concepts of the Performance Triad) and exhibiting a willingness to learn from your co-workers. **What does Commitment mean to you?**

Hill Top Café's Thanksgiving Celebration

24 November 2021 - 1100 - 1400

Dining In Ticket Sales Start 1 Nov

Tickets required for dining in

Carry out available no ticket required

Price: Dependents of E1-E4: \$7.10

All Others: \$9.55

USD or Visa/MC Encouraged

Meal Card Patrons Welcome

Contact MAJ Otto (Andrew.p.otto.mil@mail.mil)

Or

SFC Humbles (Shamia.q.humbles.mil@mail.mil)

For ticket sales or questions.

LRMC holds remembrance for bereaved parents

By Marcy Sanchez

Public Affairs Specialist

Landstuhl Regional Medical Center

Landstuhl Regional Medical Center held an observance in honor of National Pregnancy and Infant Loss Remembrance Day, Oct. 15.

The observance is held annually on Oct. 15 to remember pregnancy loss and infant death, which includes but not limited to miscarriage, stillbirth or death of a newborn while also providing support to families who have

suffered a loss. Traditionally, a candle is lit for each loss at 7 p.m. around the world symbolizing a wave of light in remembrance.

"This observance recognizes the loss of so many parents across the U.S. and around the world," said U.S. Army Capt. Kari Richardson, a labor and delivery nurse at LRMC. "It's also meant to inform and provide the resources for parents who have lost children due to miscarriage, stillbirth, birth defects, (Sudden Infant Death Syndrome), and other causes. Each year (the observance) creates a space for us to remember our babies; their stay was short, but their impact was mighty."

According to studies by the American College of Obstetricians and Gynecologists, 10-25 percent of all clinically recognized pregnancies end in miscarriage (under 20 weeks of gestation) with

risks intensifying depending on several factors. The annual observance not only remembers those babies but aims to raise awareness of those who have suffered such a loss as well.

"As a labor and delivery nurse, I can say that it's hard to imagine a love and strength more profound than witnessing parents meeting their (departed) baby for the first time," said Richardson. "My coworkers and I believe it's an honor to care for these families suffering through the loss of a child. The privilege of supporting them while they're spending a few precious moments with their baby is an experience we'll carry with us for the rest of our lives."

"As a provider and physician, I have been there with these families during these losses of all ages," said U.S. Army Col. Andrew Landers, commander, LRMC, who is also a bereaved parent. "A life may last for just a moment, but the memory of that life can last forever."



Ariana Johnson, an American Red Cross volunteer, performs solemn music during the Landstuhl Regional Medical Center Pregnancy and Infant Loss Awareness Observance, Oct. 15.



By Marcy Sanchez

Public Affairs Specialist
Landstuhl Regional Medical Center

MONS, Belgium - A selfless grounding led Jacksonville, Florida native, Brian Baham, in search of something bigger than himself. Six years later, he now helps others rehabilitate and carry on following injury, illness or surgery.

Assigned to Supreme Headquarters Allied Powers Europe (SHAPE) Healthcare Facility in Belgium, Baham, now a sergeant in the U.S. Army, finds meaning in helping others as a physical therapy technician, describing his work as "rewarding."

"I absolutely love it," he said about the physical therapy profession.

"People might look at (COVID-19 operations) as monotonous... I think there's a bigger picture. You're helping somebody get to the next part in their life. I think it's tremendous."

*-U.S. Army Sgt. Brian Baham
NCOIC, Physical Therapy Clinic
SHAPE Healthcare Facility*

"There's no better reward than patients coming back (after treatment) saying thank you."

Prior to enlisting, Baham worked as a community organizer and assisting others find career opportunities through nonprofit organizations, where he learned the value of public service and benevolence.

"I have (traditional) parents, so their mentality was; stay busy, stay out of trouble," said Baham. "They encouraged me to learn something, learn a trade, go to school and pass it on to somebody else so when they replace you, you know the job

is getting done correctly."

Although originally joining the Army as an information technology specialist, Baham desired a more practical profession to exercise the compassion his parents instilled in him.

"His work has created a very efficient department, we have extremely high access to care and able to get a high patient load through quickly," said U.S. Army Sgt. Garrett Norsworthy, senior enlisted leader to the deputy commander for nursing, SHAPE Healthcare Facility. "He's

been a good asset to the team, he's got a great leadership mind, able to shape intent and use it to guide Soldiers, set an example and help work toward accomplishing the mission."

While first-rate leadership traits are expected of Army noncommissioned officers, SHAPE Healthcare Facility's multinational operations and partnerships across Europe, Africa and other places, magnify the impact of quality leadership and patient care, which Baham exhibits daily.

"The unique thing about SHAPE when compared to other Army health clinics is the patient population. We serve 18,000 patients from 30 Allied Nations in NATO and 21 Nations and partners for peace," said Norsworthy, who oversees enlisted personnel at SHAPE's ancillary services, physical therapy being one of them. "Baham is working with a multinational force and

he's providing them with the follow up care after they get injured or get surgery to help them get back in the fight."

For Baham, a strength training enthusiast, just as patience is key to building muscle and improving athletic performance, it's also crucial for working in the physical therapy field and for physical therapy patients alike.

"Everything takes patience, we can sit here and come up with a plan all day long to rehabilitate (injuries), but at the end of the day we can only go as far or as fast as the patient will allow us to go and how far or fast a patient is willing to go themselves," said Baham. "Nothing happens overnight, you see it (in physical therapy) more than anywhere else."

As part of SHAPE Healthcare Facility's fight against COVID-19, prevention and detection efforts are instrumental in keeping infection rates low in the multinational community, located just south of Brussels. The efficient and proactive measures, which Baham has been a part of for nearly a year, have earned the SHAPE health care team praise from the Belgium government and media.

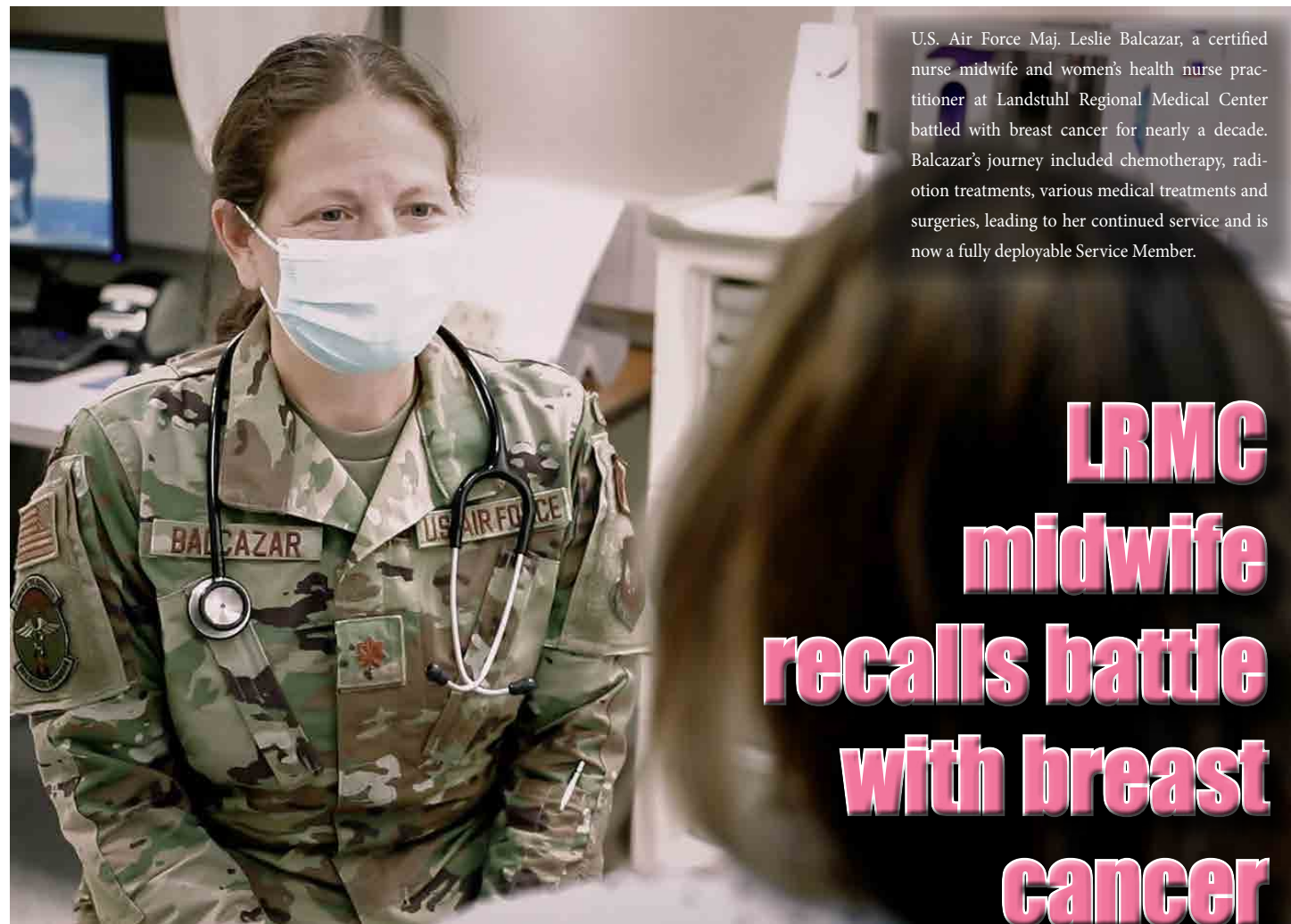
"People might look at (COVID-19 operations) as

monotonous, the same thing every day, I think there's a bigger picture," said Baham. "You're helping somebody get to the next part in their life or achieve their next goal. I think it's tremendous."



Watch the video story here





U.S. Air Force Maj. Leslie Balcazar, a certified nurse midwife and women's health nurse practitioner at Landstuhl Regional Medical Center battled with breast cancer for nearly a decade. Balcazar's journey included chemotherapy, radiation treatments, various medical treatments and surgeries, leading to her continued service and is now a fully deployable Service Member.

LRMC midwife recalls battle with breast cancer

By Marcy Sanchez

Public Affairs Specialist
Landstuhl Regional Medical Center

Nearly a decade ago, U.S. Air Force Maj. Leslie Balcazar was physically thriving, running half marathons, swimming and a practitioner of karate, describing her health as very good to excellent.

Balcazar was also focused on her career in the Air Force. Already in the small unique field of midwifery services, a field occupied by less than two dozen Airmen, she was focused on continued education and training. In 2014, a week before attending a training session, Balcazar's life would change forever.

"I thought I was doing very, very well, especially for being 42," said Balcazar, 50, describing her overall wellness. Two years prior, Balcazar had her first mammogram, deciding to get screened every two years as recommended by some studies. "I did it at 40 and then I did it again

at 42. There was nothing palpable there, it was just me going in because I wanted to go to a class."

Following the mammogram, the radiologist detected abnormalities in Balcazar's results. Following a biopsy, Balcazar was diagnosed with hormone-receptive positive breast cancer, a type of breast cancer which feeds off the hormones of the individual.

"I was in treatment from 2014 to 2015. My oncologist recommended I do chemotherapy, radiation while I also entered into a study to receive (an antibody to treat the cancer)," said Balcazar, chief of Midwifery Services at Landstuhl Regional Medical Center. "It wasn't an immediate 'we're going to do this,' it was a discussion because sometimes there's just not an obvious answer. It's not going to be the same for every woman, and your history is not always going to be the same."

For Balcazar, there were no

warning signs leading to her diagnosis. She had little to no risk factors, there wasn't a history of breast cancer in her family, yet she found herself preparing for the treatment while attempting to preserve her vivacity.

"Like many other people in the military, I had joined the Air Force following 9/11. Initially as a National Guard (Service Member) then moved on to active duty," said Balcazar. "So, taking a knee was not an easy thing to do, especially when you're a woman in the military."

Before treating the cancer, Balcazar had educated herself on what to expect and how to prepare for the treatments. Unfortunately, her oncologist had differing opinions on her plan.

"My plan was to wear mittens and I actually got these special mittens to put on my hands so that I wouldn't lose my nails. I was going to put something on my hair so I

wouldn't lose my hair. I had all these plants because I had done all this research," explains Balcazar. "My oncologist was concerned if I protected any of these parts of my body from any treatment, we wouldn't be successful at treating the cancer. I did end up losing my eyebrows, losing my hair, losing my fingernails and it was very hard for me to accept that."

According to the Centers for Disease Control and Prevention, side effects of chemotherapy alone can include neutropenia, lymphedema, hair loss, nausea and vomiting, mental exhaustion, pain, blood clots and other side effects.

"When I started leaving patient appointments so that I could go throw up in the next room and then go back, and when I started hooking IVs up to my arm while at my desk, I started to realize I might need to step back to make some more progress forward."

Although Balcazar continued working, she began focusing more

on battling cancer than battling adversaries.

"(Focusing on self-treatment) is not easy to do because you've got a lot of responsibility on your shoulders and you have a lot of responsibility to represent women in the military," said Balcazar. With women making up 17 percent of U.S. Military Forces, and the probability of one in eight women being diagnosed with breast cancer in their lives, Balcazar was hesitant to shift focus to her treatments but felt it was the right thing to do for herself and her family.

"Don't give up on yourself. Don't give up on your family because they are also grieving," explains Balcazar. "They're going through (the battle) too and continue throughout your life. It was a total of 13 months of treatments for me, after that I was told I needed to do five years of medical treatments, which turned into seven years, which turned into 10 years. With more studies came more recommendations."

Balcazar's treatment culminated in a prophylactic oophorectomy, the removal of both her ovaries, and a hysterectomy earlier this year. Following years of ongoing treatment, she was recently listed as fully deployable again.

"It was a long journey for me and it continues to be a long journey," shares Balcazar. "I'm doing fine now, I would say that I'm in good to very good health now but it wasn't without its consequences."

"I continue to enjoy and get fulfillment for my job, so I didn't let it overtake my life even though there are times where I thought it might actually take my life," said Balcazar. "I want to let others know; you should never suffer alone. Advocate for yourself, if you think something is wrong say something."

I know it's hard but don't give up."



[Watch the video story here](#)



U.S. Air Force Maj. Leslie Balcazar, a certified nurse midwife and women's health nurse practitioner at Landstuhl Regional Medical Center battled with breast cancer for nearly a decade. Balcazar's journey included chemotherapy, radiation treatments, various medical treatments and surgeries, leading to her continued service and is now a fully deployable Service Member.

The closest thing to magic

U.S. Air Force Master Sgt.

Libby Stringham

Superintendent, Department of Radiology

Landstuhl Regional Medical Center

While promoting October's Breast Cancer Awareness Month during an AFN live radio show, the DJ asked my fellow colleagues and me their question of the day which was "what is the closest thing to magic?"

The closest thing to magic for us in the Radiology career field is to be able to see through people. As radiologic technologists, we have the trusted opportunity and critical role in guiding physicians to make medical diagnoses by creating images of patients' bodies.

National Radiologic Technology Week is celebrated annually to recognize the work and role that technologists play in medical imaging and patient care. The week-long celebration always takes place the week of Nov. 8, to commemorate the discovery of x-ray by Wilhelm Conrad Roentgen in 1895. This year, the week will be celebrated Nov. 7-12, with the theme "Essential Together." The annual event highlights the radiologic technology profession and raises awareness about what they do.

Radiologic Technologists are the third largest group of healthcare professionals, surpassed by only physicians and nurses. There

61 # of Radiologic Technologists in the LRMC Healthcare System

are many other imaging specialties that radiologic technologists train into such as Computed Tomography (CT), Diagnostic Medical Sonography (DMS), Fluoroscopy,

Interventional Radiology (IR), Magnetic Imaging Resonance (MRI), Mammography, and Nuclear Medicine (NM).

Another crucial specialty that radiologic technologists may



Moonsun Byrne, a radiology technologist at Landstuhl Regional Medical Center's Mammogram Clinic, prepares a 3D mammography machine for use. Nov. 7-12 is National Radiologic Technology Week, an event highlighting the profession and raising awareness about what they do.



have the opportunity to learn is Picture Archival and Communications Systems (PACS) which allows images to be transmitted and viewed, almost literally from anywhere. From visualizing a pulmonary embolism, using sound

waves to see how many gallstones are in a gallbladder, characterizing a fracture in a bone, assisting a physician in performing a stent insertion, diagnosing a brain bleed, imaging breast cancer and administering doses of radiation

to treat patients with cancer, there is no doubt that physicians could not treat diseases and injuries without the assistance of a radiologic technologist.

At Landstuhl Regional Medical Center and outlying Division of Army Health Clinics including Baumholder, Brussels, Kleber, SHAPE, Vincenza and Wiesbaden, there are 61 radiologic technologists. If you see a radiologic technologist, be sure to simply thank them for being such an essential part of the team. Without them, healthcare professionals wouldn't be able to "see through people," diagnose their patients and ultimately save lives.

Radiologic Technologists are the **THIRD** largest group of healthcare professionals

HILL TOP CAFE / WARRIOR RESTAURANT

November Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LUNCH Garlic Butter Cod Pork Adobo Red Beans & Brown Rice SOUP: Red Thai Chicken Curry DINNER Beef Fajita Garlic Herbed Chicken Breast	LUNCH Beef Pot Roast Rosemary Chicken Quarters Vegetarian Lasagna SOUP: Cream of Vegetable DINNER Creole Pollock Turkey Curry	LUNCH Asian Ginger Cod Sweet & Sour Pork Chops Vegetarian Indian Korma SOUP: Chicken Tortilla DINNER Beef Lasagne Italian Baked Chicken Breast	LUNCH Beef Porcupines Chicken Primavera Vegetarian Zucchini Pancakes SOUP: Minestrone DINNER Linguine Con Salsiccia Fish Loaf	LUNCH Beef Bulgogi Herb Baked Cod Vegetable Curry & Rice SOUP: White Chicken Chili DINNER Spicy Baked Fish Chicken & Rice Casserole	LUNCH 5 Spice Chicken Breast Beef Stew California Blend Vegetables Buttered Egg Noodles DINNER Cajun Baked Pollock Honey Glazed Ham
LUNCH Pineapple baked chicken quarters Beef Brisket Califlower, Mashed Potatoes DINNER Spaghetti & Meatballs Mexican Chicken Breast	LUNCH Buffalo Chicken Quarters Herbed Baked Cod Vegetarian Hopping John SOUP: Chicken Gumbo DINNER BBQ Pork Loin Turkey Chili	LUNCH Chicken Cacciatore Braised Pork Chops Vegetable Stuffed Peppers SOUP: Mulligatawny DINNER Glazed Meatloaf Runa Tetrazzini	LUNCH Beef Carne Asada Parmesan Cursted Fish Vegetarian Paella SOUP: Chicken Tortilla DINNER Spinach Lasagna 5 Spice Chicken Breast	LUNCH Savory Baked Chicken German Pork Gulasch Vegetarian Chickpea Curry SOUP: Lentil Vegetable DINNER Roasted Jerked Turkey Stuffed Pollock	LUNCH Beef Stifado Rosemary Baked Cod Homemade Vegetarian Lentil Chili SOUP: Tomato Florentine DINNER Garlic Roasted Chicken Quarters Smothered Pork Chops	LUNCH Yankee Pot Roast Chicken Tetrazzini Green Beans Mashed Potatoes DINNER Diablo Chicken Breast Lemon Pepper Fish
LUNCH Salisbury Steak Honey Ginger Chicken Breast Fried Cabbage Franconia Potatoes DINNER BBQ Beef Cubes Seasoned Chicken Quarters	LUNCH Garlic Butter Cod Pork Adobo Red Beans & Brown Rice SOUP: Red Thai Chicken Curry DINNER Beef Fajita Garlic Herbed Chicken Breast	LUNCH Beef Pot Roast Rosemary Chicken Quarters Vegetarian Lasagna SOUP: Cream of Vegetable DINNER Creole Pollock Turkey Curry	LUNCH Asian Ginger Cod Sweet & Sour Pork Chops Vegetarian Indian Korma SOUP: Chicken Tortilla DINNER Beef Lasagne Italian Baked Chicken Breast	LUNCH Beef Porcupines Chicken Primavera Vegetarian Zucchini Pancakes SOUP: Minestrone DINNER Linguine Con Salsiccia Fish Loaf	LUNCH Beef Bulgogi Herb Baked Cod Vegetable Curry & Rice SOUP: White Chicken Chili DINNER Spicy Baked Fish Chicken & Rice Casserole	LUNCH 5 Spice Chicken Breast Beef Stew California Blend Vegetables Buttered Egg Noodles DINNER Cajun Baked Pollock Honey Glazed Ham
LUNCH Pineapple baked chicken quarters Beef Brisket Califlower, Mashed Potatoes DINNER Spaghetti & Meatballs Mexican Chicken Breast	LUNCH Buffalo Chicken Quarters Herbed Baked Cod Vegetarian Hopping John SOUP: Chicken Gumbo DINNER Beef Fajita Garlic Herbed Chicken Breast	LUNCH Chicken Cacciatore Braised Pork Chops Vegetable Stuffed Peppers SOUP: Mulligatawny DINNER Creole Pollock Turkey Curry	Thanksgiving Meal DINNER Beef Lasagne Italian Baked Chicken Breast	LUNCH Savory Baked Chicken German Pork Gulasch Vegetarian Chickpea Curry SOUP: Lentil Vegetable DINNER Linguine Con Salsiccia Fish Loaf	LUNCH Beef Stifado Rosemary Baked Cod Homemade Vegetarian Lentil Chili SOUP: Tomato Florentine DINNER Spicy Baked Fish Chicken & Rice Casserole	LUNCH Yankee Pot Roast Chicken Tetrazzini Green Beans Mashed Potatoes DINNER Cajun Baked Pollock Honey Glazed Ham
LUNCH Salisbury Steak Honey Ginger Chicken Breast Fried Cabbage Franconia Potatoes DINNER BBQ Beef Cubes Seasoned Chicken Quarters	LUNCH Garlic Butter Cod Pork Adobo Red Beans & Brown Rice SOUP: Red Thai Chicken Curry DINNER Beef Fajita Garlic Herbed Chicken Breast	LUNCH Beef Pot Roast Rosemary Chicken Quarters Vegetarian Lasagna SOUP: Cream of Vegetable DINNER Creole Pollock Turkey Curry				

The Hill Top Cafe offers two to three entree options for our guests, as well as starchy and non-starchy sides.
Short Order menu: hamburgers, cheeseburgers, black bean burgers, grilled chicken breast, french fries and sweet potato fries.
Daily Breakfast Bars: MWF: Omelet/Egg Bar T & Th: Pancakes/French toast
Weekdays: Breakfast: 6 - 8:30 a.m. | Lunch: 11 a.m. - 1:30 p.m. | Dinner: 4:30 - 6 p.m.
Weekends and Holidays: Breakfast: 7 - 9 a.m. | Lunch: 11 a.m. - 1:30 p.m. | Dinner: 4 - 6 p.m.
**Menu is subject to change.

the spotlight

ONE TEAM. ONE PURPOSE.
Selfless Service.



U.S. Army Capt. Cameron Kunkel, commander, Company B, Troop Command, LPMC, holds the company colors during a Change of Command ceremony where U.S. Army Capt. Jonathan Boggs relinquished command to Kunkel at LPMC, Sept. 31. Kunkel previously served with 30th Medical Brigade.



U.S. Army Lt. Col. Darryl Metcalf, Maj. Jon Basham, and Master Sgt. Timothy Donald were inducted into the Order of Military Medical Merit at LPMC, Sept. 30. The "O2M3" recognizes excellence and promotes fellowship among Army Medical Department personnel. Membership in O2M3 denotes distinguished service that is recognized by the senior leadership of AMEDD.



New sergeants were inducted into the Noncommissioned Officer Corps during an NCO Induction Ceremony, Oct. 15th. The ceremony is a celebration of the newly promoted joining the ranks and emphasizes and builds on the pride shared as members of such an elite corps. The ceremony also serves to honor the memory of men and women of the NCO Corps who have served with pride and distinction.